

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

**Name of Program and Service:** Youth Forestry Camp #2 (YFC#2) - ARISE Anger Management Group  
Cohort Total: 29 SPEP ID: 248-T01  
Selected Timeframe: Jun. 1, 2017 - Aug. 31, 2018  
Date(s) of Interview(s): Jul. 18, 2018  
Lead County & SPEP Team Representatives: Rich Kubicek, Bucks Co.; Neal Johnson, Luzerne Co.; Lisa Freese & Heather Perry EPIS  
Person Preparing Report: Heather Perry, EPISCenter

**Description of Service:** *This should include a **brief** overview of the service within the context of the program, the location and if community based or residential. Indicate the type of youth referred, how the service is delivered, the purpose of service and any other **relevant** information to help the reader understand the SPEP service type classification. (350 character limit)*

Youth Forestry Camp #2 (YFC #2) is a residential program for adjudicated delinquent males ranging in age from 14-20 years old. Located in Carbon County, it is operated and overseen by the Bureau of Juvenile Justice Services (BJJS). Referrals are typically made by county juvenile probation departments through the State Court Liaison Unit. YFC #2 offers a variety of services intended to meet the individualized treatment and behavioral needs of its residents identified by the Youth Level of Service Inventory (YLS). There are two separate residences on grounds with 12 beds in each unit. Residents placed in Lehigh Lodge participate in the Liberty Program, which offers general treatment services. Conversely, residents with identified substance abuse issues are placed in Delaware Lodge and are enrolled in the Short-Term Addiction Recovery Treatment (START) Program. All treatment and aftercare planning is guided by the tenets of Balanced and Restorative Justice (BARJ).

The focus of this report is the ARISE Anger Management group. It is offered to residents in both Programs at YFC #2. ARISE Anger Management is an evidenced based, cognitive-behavioral skills development program that provides at-risk youth the skills that will assist them in changing anti-social behaviors, particularly those with a history of violent or uncontrollable anger. Although the closed group is 12 sessions in length, it is individualized.

The 12 sessions are delivered as follows: internal, anger triggers, positive uses of anger, types of aggression, role play, sharing, guided group discussion, mind mapping, and ends with a group activity where the emphasis lesson is delivered through a poem or role play scenario.

## The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Cognitive-behavior Therapy

Based on the meta-analysis, is there a qualifying supplemental service? No

If so, what is the Service type? There is no qualifying supplemental service

Was the supplemental service provided? n/a Total Points Possible for this Service Type: 35

Total Points Earned: 35 Total Points Possible: 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training and supervision, and how drift from service delivery is addressed.

Total Points Earned: 10 Total Points Possible: 20

3. **Amount of Service:** Score was derived from examination of weeks and hours each youth in the cohort received the service. The amount of service is measured by the target amounts of service for the SPEP service categorization. Each SPEP service type has varying amounts of duration and dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 0

Points received for Dosage or Number of Hours: 0

Total Points Earned: 0 Total Points Possible: 20

4. **Youth Risk Level:** The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

26 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 10 points

11 youth in the cohort are High or Very High YLS Risk Level for a total of 13 points

Total Points Earned: 23 Total Points Possible: 25

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**Basic SPEP™ Score:** 68 total points awarded out of 100 points. Compares service to any other type of SPEP therapeutic service. (eg: individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

*Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.*

**Program Optimization Percentage:** 68% This percentage compares the service to the same service types found in the research. (eg: individual counseling compared to all other individual counseling services included in the research)

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## The SPEP and Performance Improvement

The intended use of the SPEP is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service feedback report, and these recommendations are the focus of the performance improvement plan, a shared responsibility of the service provider and the local juvenile court. The recommendations for this service included in the feedback report are:

The Youth Forestry Camp #2 ARISE Anger Management Group scored a 68 for the Basic Score and a 68% Program Optimization Percentage. It is classified as a Group 5 service – Cognitive Behavioral Therapy service type. This service could improve its capacity for recidivism reduction through:

1. Quality of Service Delivery:
  - a. Written Protocol:
    - i. Enhance the protocol/manual to identify the target population and risk factors targeted for this service.
    - ii. Develop a policy to review and update the protocol/manual at regular timeframes (annually).
  - b. Staff Training:
    - i. Develop a policy indicating that all staff trained to deliver the service must receive booster trainings at predetermined timeframes (annually).
    - ii. Develop a policy requiring that supervisors of staff who deliver the service must be trained as well.
  - c. Staff Supervision:
    - i. Ensure staff adherence to manual and protocol through monthly supervisory observation and documentation.
    - ii. Provide written feedback to YDA's and YDC's indicating areas of strength and need.
  - d. Organizational Response to Drift:
    - i. Document procedures that identify steps to be taken when YDA's or YDC's stray from delivering the service as intended.
    - ii. Improve existing data collection by exploring means for obtaining additional outcome data (peer reviews, exit surveys, feedback from families, etc.).
    - iii. Investigate ways to analyze outcome data, (i.e. exit evaluations), to improve the effectiveness of the service.
2. Amount of Service:
  - a. Collaborate with referral sources and explore ways to meet the targeted duration and dosage.